



# A Pattern Health Retreat

## Doctor's notes: Drug Medications vs. Botanical Medicines— Is there a Difference?



Here at A Pattern Health Retreat, we believe that there is. Let's review. Botanical or herbal medicine, also known as phytotherapy, is the most ancient form of health care known to man, and has been used in many different cultures throughout recorded history.

However, in the U.S., the use of traditional herbal medicine had diminished considerably up until the 1970s. Americans had been conditioned to rely on compounded commercial drugs because of their rapid action, ease of administration, and widespread availability, despite the recognized potential adverse side effects.

This viewpoint is changing, however, and we are now seeing a revival of interest in herbal medicine worldwide. In America this renaissance is due to the growing concern of both the general public and the medical profession over the escalating incidence of adverse side effects and deaths related to the widespread use of prescription drugs, over-the-counter meds, and the unlicensed use and abuse of controlled substances.

At A Pattern Health Retreat, we use simple, natural remedies to treat most diseases, avoiding, wherever possible, the compounded drug medicines. We believe this to be far safer for our health guests.

Quoting from the book, *Ministry of Healing*, pp 126-127, we read: "The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be

changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system."

### The True Remedies

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them...."

To conclude, one reputable Christian health reformer from the past stated: "Oh, how great are the possibilities that God has placed within our reach! He says, 'Whatsoever ye shall ask the Father in My name, He will give it you.' He promises to come to us as a Comforter to bless us. Why do we not believe these promises? That which we lack in faith we make up by the use of drugs. Let us give up the drugs, believing that Jesus does not desire us to be sick, and that if we live according to the principles of health reform, He will keep us well."

### Progress in preparedness

This has been a very special year for us. We are thankful to have completed the first step towards outfitting the Retreat for disaster preparedness. Our Center is now completely covered by a stand-by generator. Funds for this project were provided by ASI Mid-America. Prior to this additional coverage, only half of the building could receive generator-

powered electricity during power outages. This addition required replacement of our electrical box and new wiring. We can breathe more easily, knowing we will be in a better position to provide guest services even when the local power company cannot provide for our electrical needs.

### Next step: solar

Our next step is to begin a solar complement. We have made the initial steps in contacting a contractor, and received his estimate



Laying the line for the extended generator-powered electrical coverage

of the panels. The cost of the first step is proposed to be \$8,500. Each panel can function alone, but additional panels can be added as funding permits. We are grateful for the donations received thus far, but about \$7,000 more is needed to begin this project. Should you like to partner with us, we welcome your tax-deductible contributions of any amount.



## Celebrating our Donors and Guests!

We are also very thankful that our original mortgage of \$325,000 contracted in June of 2015 has been reduced to less than \$100,000! This was accomplished by the Lord's generosity through you, and the growth of our services during the past years. We believe that completely liquidating this debt will enable us to focus on other important improvements as well as be more prepared for future disasters or economic downturns. If the Lord impresses you to partner with us in making the A Pattern ministry debt-free this year, please call Joyce at (573) 210-2455 for instructions. Tax-exempt receipts are gladly given.

## Winning weight loss!

Back in 1967, my body weight or BMI was in the normal range. However, in less than two years, I became clinically obese! What happened? Well, instead of sharing how it was that I gained 69 pounds in such a short period of time, allow me rather to explain how I safely lost the weight and have been able to keep it off for many years now!

After attempting many fad diets and joining numerous diet clubs, I finally turned to the best source of help—our Lord. Confiding in Him, I admitted my helplessness and my need for His help to control my appetite and behavior. He has not failed me!

As I sought His help, I was reminded that I hadn't added those extra pounds overnight. So I understood that losing them should also be a gradual process. In fact, research clearly shows that successful, permanent weight loss is gradual. If the pounds are dropped too quickly, according to the Academy of Nutrition and Dietetics, it will probably be muscle, bone, and water weight that is lost instead of fat.

About one to two pounds per week is recommended. Avoid fad diets, and promises that sound "too good to be true." As simple as it may sound, the proven method of successful weight loss and maintenance is adopting and following permanent, healthful lifestyle habits.

### Here are some of the basics:

- The old saying, eat breakfast like a king, lunch like a prince, and dinner like a pauper, is right on! Better yet, most individuals will do better overall health-wise with

omitting a third meal altogether. A recent survey found that women who regularly ate breakfast were more successful with long-term weight loss than those who did not.

- Go for fiber-rich, whole, plant-based foods such as fruits, vegetables, legumes, whole grains, and nuts, seeds, avocados, and olives. The less refined, the better!
- Next remember that your body was designed for action! Experts recommend at least 30 minutes of moderate aerobic physical activity 5 days a week. However, doing more than that will improve your ability to maintain a healthful weight. Therefore we recommend increasing your activity after consulting with your doctor if you have any medical concerns and/or are over 50 years of age.

### A few more tips:

- Don't eat (or drink) any calories between meals.
- Chew your food thoroughly and slowly.
- Drink at least 8 cups of water per day.
- Get your rest, noting that sleep before midnight is twice as beneficial as the hours after 12 a.m.

Now you know some of my secrets for long-term successful weight loss. Why not begin to win by losing any extra pounds now! —Donna Anthes, R.N.

## Vitalize your day with breakfast!

Did you know that the morning meal is the most important one of the day? It breaks the overnight fasting period, replenishes your supply of glucose, and provides other essential nutrients to maintain your energy level throughout the day.



### Benefits:

- improved concentration, memory, alertness, attention span, problem solving, and academic performance
- heightened blood-sugar management
- boosted metabolism and healthful weight maintenance
- greater creativity

### Breakfast skipper disadvantages:

- more likely to experience depression
- more accident prone
- less efficient both mentally and physically
- increased likelihood of snacking and overeating
- decreased mental and scholastic performance
- increased likelihood of disciplinary problems in children
- greater risk of blood sugar issues and diabetes

### What to eat?

A good breakfast consists of whole grains, legumes, nuts, seeds, avocados, or olives, and fruits or vegetables in as natural a state as possible. These foods are best to nutritionally jumpstart your day for top performance and optimal well-being. Your Designer desires for you to prosper and be in good health by fueling up right! —Opal Forrester

## Sugar's afterbite!

Sugar! As most of us know, this popular ingredient (and refined sweeteners in general) is readily found in the average American's diet.

Commonly added to many processed foods—from desserts, breakfast cereals, snacks, beverages, canned and dried fruits, to canned vegetables, nut butters, condiments, and supplements—it's no surprise that both the appetite for and consumption of sugar is significant for many individuals. Unfortunately this comes with some bitter side effects. Let's consider what follows the sweet.

**Refined woes!** First, table sugar is not a natural food. Whether from sugar beets, sugar cane, or other plant sources, it is a highly processed product that has been largely stripped of its native vitamins, minerals, and fiber. This results in a concentrated substance that is nutritionally impoverished. While its sweet taste invites its intake, research suggests that sugar acts similar to a drug in the brain. As other addictive substances, it can produce temporary pleasurable effects and withdrawal symptoms if used immoderately.

**Too much of a not-so-good thing.** Sugar's tempting taste can also lead to extra pounds. Not only is unwanted weight unwelcome, but sugar can actually contribute to an especially dangerous type of fat called triglycerides. Formed in the liver and stored around the waist, triglycerides can increase the risk of insulin resistance. Insulin resistance, in turn, can lead to diabetes and other disease processes. Note that one of the biggest sources of sugar consumption is soft drinks, as well as many other popular sweetened beverages. This is not surprising since fluids do not produce the same sense of fullness as eating food. Thus it is much easier to drink excess calories than eating the same amount as food.

**Blood sugar surges.** Because sugar is refined, it also promotes blood sugar spikes and drops. This increases the incidence of hypoglycemia and poor cognitive performance. Although the brain does need glucose to function well, foods high in *processed* sugars are not the best. But packaged in their natural state, carbohydrates are excellent food for the body and brain. They contain the fiber that produces more gradual and sustained blood sugar levels.

**Nutrient robber.** In order to be properly metabolized in the body, sugar requires the nutrients that were lost during its refining process. And so it looks for those minerals, such as chromium or calcium, elsewhere in the body. This can lead to deficiencies causing adverse effects such as brittle bones! Sugar also needs B vitamins for its metabolism—the same vitamins that support healthy nerves and a positive mood. So it is not surprising that a strong association appears between high sugar consumption and depression and irritability.

**Weekend resistance.** Most of us know that sugar increases the likelihood of dental caries. It also paralyzes



the white blood cells, which are the immune system's frontline fighters against invading microbes, including colds, flu, and even a number of common cancers.

**More bad byproducts.** A few more effects to ponder: hyperactivity and ADHD may be linked to sugary foods. Sugar also appears to exacerbate premenstrual discomfort. And in larger amounts, it commonly causes fermentation in the stomach, leading to indigestion, brain fog, and irritability.

**Inflammation!** Last but not least, sugar is a big cause of inflammation, which is an underlying contributor to nearly all disease processes in the body, including diabetes, heart disease, arthritis, autoimmune diseases, and cancers. When eaten in large quantities, sugar is more harmful than meat, a leading source of inflammation. Moreover, sugar produces inflammation even when eaten with *healthful* foods.

**Something better!** What about other sweeteners such as maple syrup, sucanat, honey, or agave? The principle holds true, the more refined, the less healthful. We suggest using them sparingly. Naturally-sweet whole foods such as dried fruits, fruits, sweet potatoes, winter squashes, beets, and unrefined stevia herb can also be used to satisfy our sweet tooth. Read labels! Be aware of the many terms used for refined sweeteners, and note total added sugar content. Aim to use those with modest amounts or even none at all.

What if you crave sugar? Don't despair! Our taste buds, which are generally replaced every one to two weeks, *can be* reeducated; we can come to detect, enjoy, and even prefer the natural sweetness and flavors found in whole foods. He who gave us the sweet receptors on our tongue, wants us to enjoy His wholesome benefits. Why not trust His promise, "Oh, taste and see that the Lord is good...!" —*Nathalie Vasiliou*  
\*portions drawn from "Spotlight on Sugar," Laura Leite, Ph.D., with Nathalie Vasiliou, *The Journal of Health & Healing*, 29:3.

## Baked Eggplant

Slice unpeeled eggplant in approximately ¼-½ inch slices. Combine 1 cup of soy mayo with ½ cup tomato paste or sauce. Next mix together approximately ⅓ cup cornmeal, ½ cup whole wheat flour, ¼ tsp salt, ½ tsp onion powder, ¼ garlic salt, ¼ tsp Italian seasoning, ⅛ tsp organo, 2 Tbsp nutritional yeast, or other herbs of your choice.

Spread slices with the sauce mixture, then bread both sides of the moistened eggplant in the dry mixture. Place slices on a lightly oiled, non-stick, or parchment paper-lined baking pan. Bake at 350° for about 15 minutes per side or until lightly browned and tender. Simply delicious!



## Testimonies from Our Guests

**I went to A Pattern** because my church sponsored me and my girlfriend encouraged me that the Retreat would show me how to change my lifestyle and treat my cancer. During the program I learned how to both eat and be positive about foods that would benefit my health. My palate is still getting use to eating these new foods, but I know they are the best for me. What I liked most about A Pattern was the staff. They were very understanding, helpful and patient in working with me. After being there for a few days, I realized how much God was involved in my healing. From the morning exercises, worships with songs, in-depth explanations of God's love, and hydrotherapy, I learned how much God longs for us to live a more abundant life. And being at the center showed me how to start experiencing that gift. I would encourage people to look into programs like A Pattern because I believe that the Lord has provided them for us. —Larry Negrete



**I am blessed** to have family like the staff at A Pattern. I really enjoyed the daily devotions and walks with the staff. I know God designed for me to accompany Larry, but He blessed me in so many ways, too. Being there showed me that eating a plant-based diet is not hard. Coupled with the information we were taught about nutrition, the transition to eat vegan became easier. I've always known God's original diet is the best one, and this confirmed my decision to leave off animal foods permanently. The 11 days seemed to fly by so quickly! I've never felt more welcome and comfortable fellowshiping with individuals who have the same passion for Christ's second coming as I do. I grew to appreciate and love God more with every devotion and worship! Thank you so much for your Christian friendship and guidance! I treasure and love you all very much! —Joneth Gabriel

**My family** and I give gratitude and praise to God Almighty for His tremendous blessings! We were blessed by the love, compassion, and dedication of Dr. and Mrs. Grivas and the other staff at A Pattern Health Retreat. "In everything give thanks for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5:18

I first met Dr. Grivas when he treated my mother who was diagnosed with diabetes. Her health improved with his assistance.



Therefore, when my husband suffered a stroke, I contacted them at their lifestyle center. Mrs. Grivas was very empathetic, prayed with me, and assisted me with my travel arrangements from Grenada.

With the intervention of a healthful, plant-based diet, physical exercise, massage, hydrotherapy, herbal treatment, and informative lectures, my husband began to regain his speech. His memory also improved. As I write this, he is doing remarkably well. Thanks be to God from whom all blessings flow!

We especially enjoyed the warm Christian fellowship we had with the staff. In times of difficulty, the support of others can be so helpful. We are continuing on the path of the renewed lifestyle that we learned. We thank God for the staff at APHR, and believe that God will continue to bless them as they endeavor to touch lives through restored health and wellbeing. —Glorine Jeremiah-Bryant

**I'm so thankful** for my health—especially considering that in 2017 I was diagnosed with rectal cancer. After three months of chemotherapy and radiation, I was told about a doctor near St. Louis, Missouri who might be able to help me. I contacted him right away. His wonderful wife answered the call, and her warmth, kindness, and prayer immediately flooded my heart with the assurance that something positive was going to come out this God-given opportunity. So I made the arrangements with her and flew to Missouri for a lifestyle session. The experience was marvelous—the treatment, the food, the prayers, and presentations on lifestyle changed my whole life. I returned home feeling like a new person. They taught me how to take care of myself, physically, emotionally, and spiritually. The periodic testing since then shows that The Almighty God is still working miracles in me. I'm well and so thankful every day. I would encourage anyone reading this testimony to visit the Grivases and their wonderful staff for a lifestyle change. —Berta Joseph



## Health Restoration Seminars

Would you like to learn more about healthful lifestyle? Simple natural therapies to prevent illness or encourage healing? How to minister to others through education and hands-on health services? Our A Pattern Health Retreat team can travel to you, and conduct short-term trainings (weekends or week-long). Presentations include topics such as common diseases like diabetes, cancer, arthritis, and depression, health principles, natural remedies, cooking demonstrations, and more. We also offer individual health consultations with our medical staff. Please contact us for more info!

## Upcoming 2020 Lifestyle Sessions

March 8-19; April 5-16; May 10-21; June 14-25; July 12-23; Aug 2-13; Sept 6-17; Oct 19-29; Nov 1-12; Dec 6-17